

# Small Groups Made Easy!

Dr. Erin Nation

School Counselor

Stone Ridge Elementary, Piedmont Public Schools

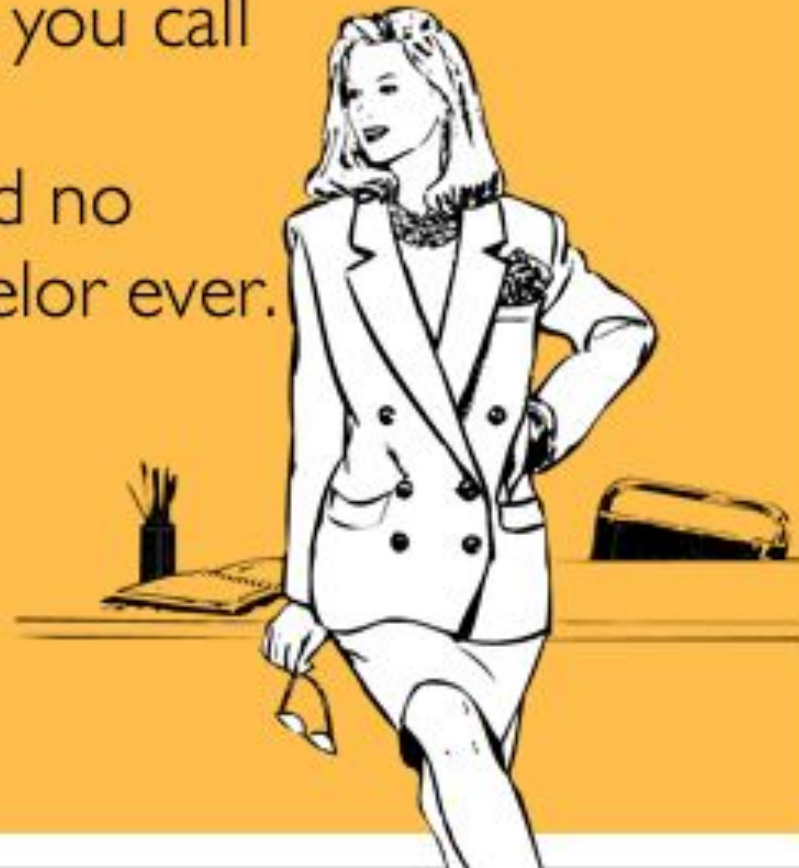
# Dr. Nation

- ❖ Elementary School Counselor
- ❖ Bachelors in Human Development and Family Science, Master's in Guidance and Counseling, and Doctorate in School Administration
- ❖ Former Kindergarten teacher
- ❖ Former Director of Early Childhood Education at Oklahoma State Department of Education
- ❖ Full-time Mom of 3 Littles



# That's Me!

"I love it when you call  
me 'guidance'  
counselor," said no  
School Counselor ever.



som<sup>ee</sup>cards  
user card

**HAVING LUNCH IN BETWEEN**

**BACK TO BACK SESSIONS**

# Who

- Recruiting Students
- How selected
- Size of the group
- Parent permission
- Grouping



Teacher \*

Your answer

Person completing form

Your answer

Recommend for: \*

- ☐ Worries/Anxiety
- ☐ Friendship
- ☐ Anger Management
- ☐ Social Skills
- ☐ Motivation/Student Success
- ☐ School Rules/Expectations
- ☐ Grief/Loss
- ☐ Expressing their Feelings
- ☐ Other:



## 22-23 Small Group Recommendation (Responses)



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A1		Timestamp					
	A	B	C	D	E	F	
1	Timestamp	Student Full Name	Teacher	Person completing form	Recommend for:		
2	8/15/2022 10:09:48		Nutter	Baker	Anger Management, Motivation/Student Success		
3	8/15/2022 10:10:13		Baker	Baker	Social Skills, Motivation/Student Success, Expressing t		
4	8/15/2022 10:11:03		Baker	Baker	Motivation/Student Success		
5	8/15/2022 21:15:36		Shelly Nutter	Shelly Nutter	Worries/Anxiety, Anger Management		
6	8/16/2022 8:45:36		Mrs. Sutton	Mrs. Sutton	Worries/Anxiety, recent divorce		
7	8/16/2022 14:56:05		Ms. Villines	AJl John	Motivation/Student Success		
8	8/16/2022 14:56:05		Mrs,Villines	Mother/Amanda	Worries/Anxiety, Friendship, Social Skills		
9	8/16/2022 17:18:09		Mrs. Sutton	Mrs. Sutton	Grief/Loss, mom requested		
10	8/16/2022 17:22:21		Mrs. Sutton	Mrs. Sutton	Worries/Anxiety, Mom said she was in small group ses		
11	8/16/2022 18:38:10		Morgan	Morgan	divorce		
12	8/17/2022 8:00:51		McLemore	McLemore	Grief/Loss		
13	8/17/2022 23:02:14		Farris	Farris	Social Skills		
14	8/17/2022 23:02:55		Farris	Farris	Grief/Loss		
15	8/22/2022 18:09:11		Farris	Farris	Motivation/Student Success		
16	8/23/2022 7:29:47		Mrs vallianes	Shireen panjwani	Social Skills, Motivation/Student Success		
17	8/24/2022 10:22:59		Mrs. Villines	Allison Carlson	Worries/Anxiety, Friendship		
18	8/29/2022 14:21:43		Jenkins	Margaret Creighton	Worries/Anxiety, Motivation/Student Success, Expressi		
19	8/30/2022 9:32:03		Mrs. Gorman	Mom	Worries/Anxiety		
20	8/30/2022 15:28:52		Carroway	Shelby Tavangar (mother	Worries/Anxiety, Grief/Loss		
21	9/1/2022 8:28:28		Mrs. McLemore	Kim Gardenhire	Worries/Anxiety, Friendship, adjusting to a new school,		

Dear Parents of \_\_\_\_\_

As part of my guidance program this year, I am offering small group classes to give students an opportunity to work on additional skills. We will meet once a week for 6 weeks during the school day for 30 minutes during a non-academic time.

I would like for your child to be a part of the \_\_\_\_\_ group.

Please complete the form below. If you have any questions, please don't hesitate to contact me at 373-4227 x2301 or [erin.nation@plymouthschools.org](mailto:erin.nation@plymouthschools.org)

*Dr. Erin Nation*

Stone Ridge Elementary Counselor

.....

I understand my child will be participating in a Small Group.

Student Name \_\_\_\_\_

Teacher \_\_\_\_\_

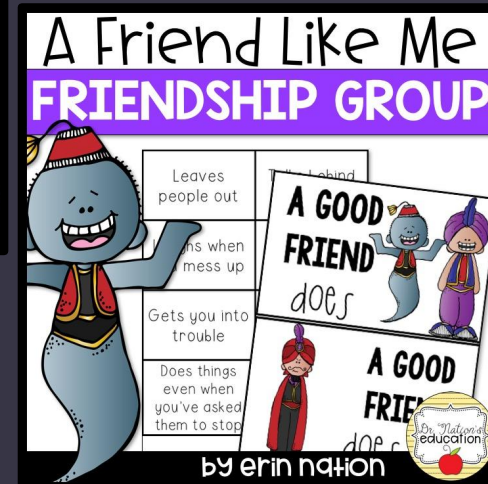
Parent Signature \_\_\_\_\_

Date \_\_\_\_\_

*Please return to Dr. Nation.*

# What

- What groups do I host
- How I pick
  - Teacher Survey
  - Office visits



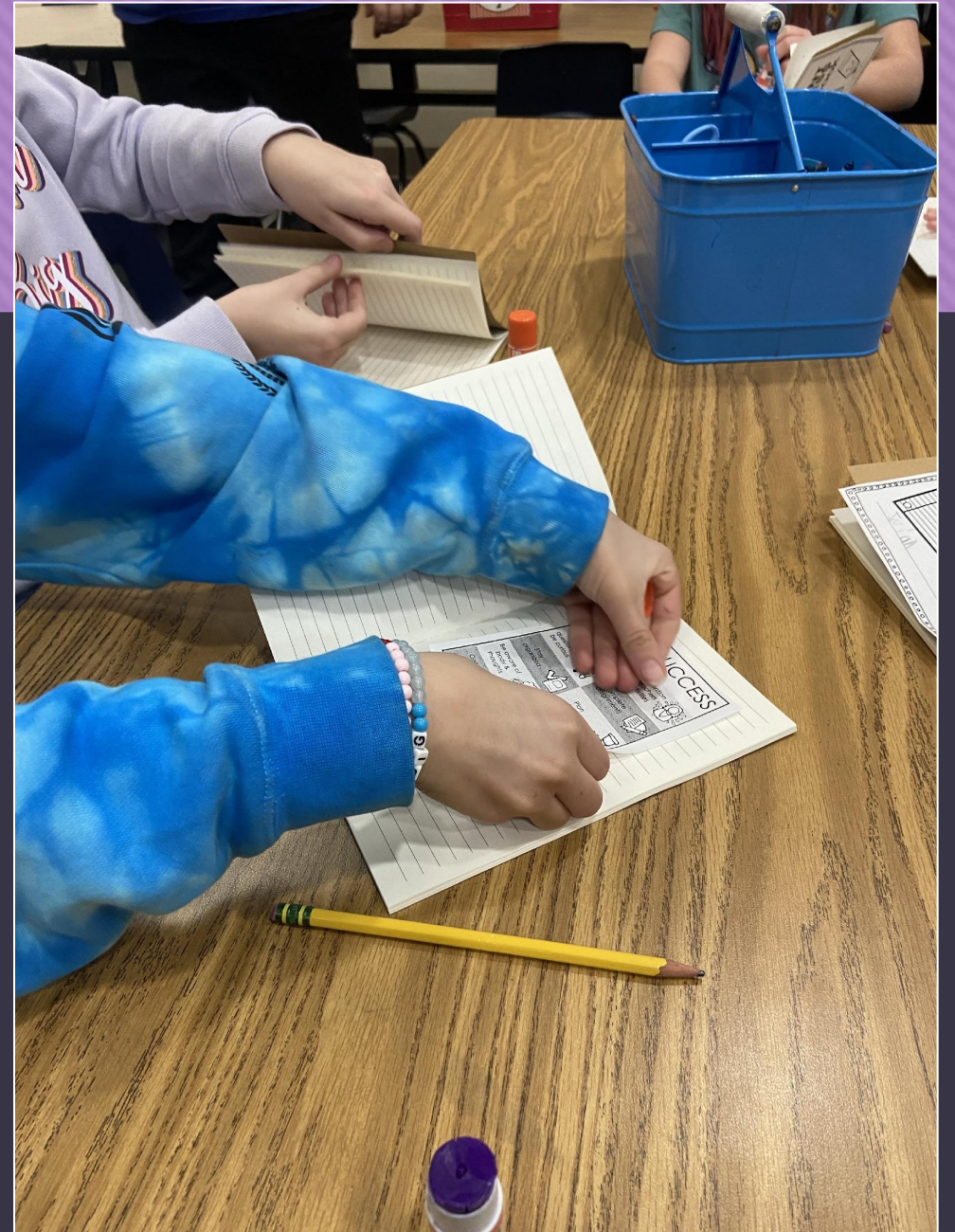
School Counselor:  
I'd tell you how tough  
my job is; but it's  
confidential

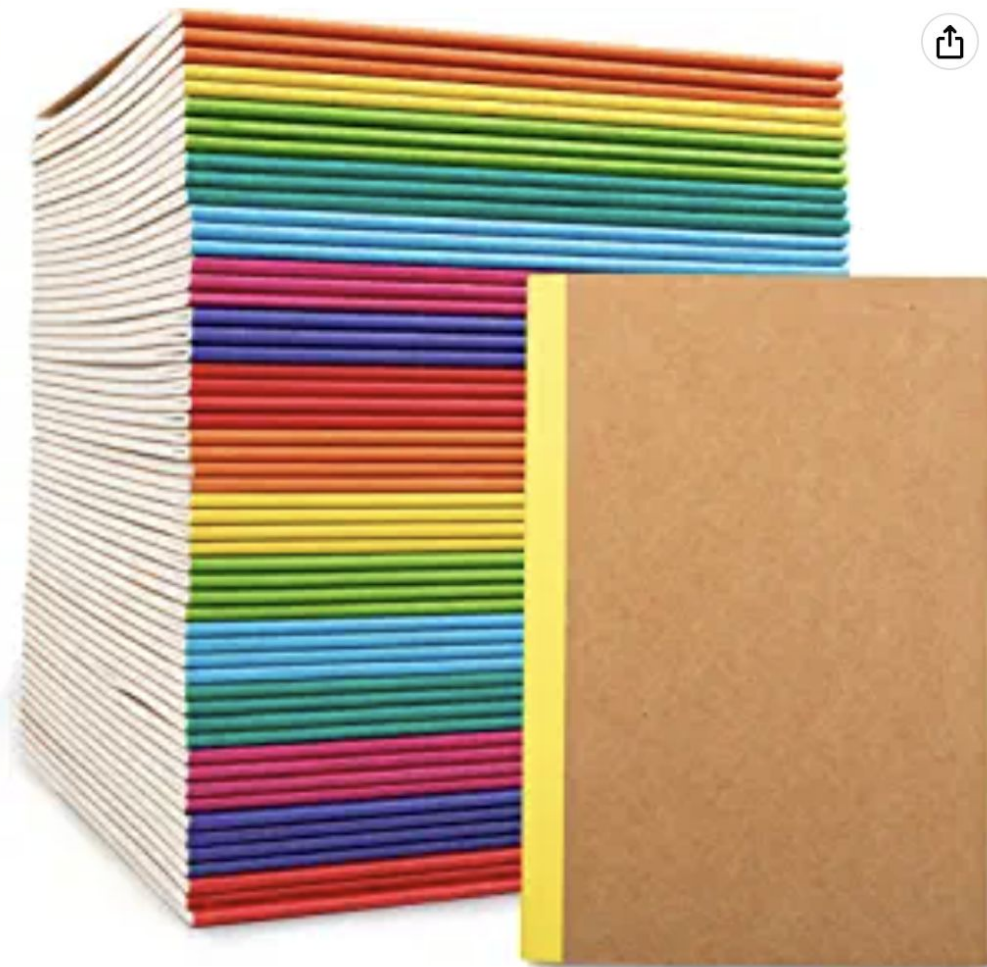


som<sup>ee</sup>cards  
user card

# What I Use

□ Interactive Notebooks





Roll over image to zoom in



## feela 56 Pack A5 Kraft Notebooks, Lined Blank Travel Rainbow Spine Journal Bulk, 60 Pages Soft Cover Composition Notebooks for Women Girls College Students Office School Supplies, 8.3 X 5.5 in

[Visit the Feela Store](#)

★★★★★ 500 ratings | 3 answered questions

**-44%** \$48<sup>44</sup> (\$0.87 / Count)

List Price: ~~\$86.00~~ ⓘ

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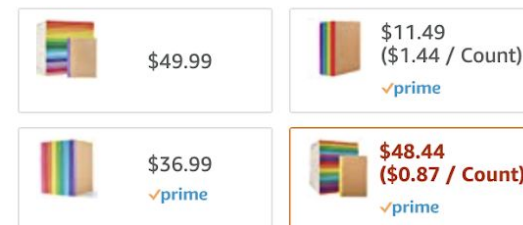
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May be available at a lower price from [other sellers](#), potentially without free Prime shipping.

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\$48<sup>44</sup> (\$0.87 / Count)

✓prime One-Day

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Qty: 1 ▾

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Buy Now

🔒 Secure transaction

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Packaging Shows what's inside. Item often ...

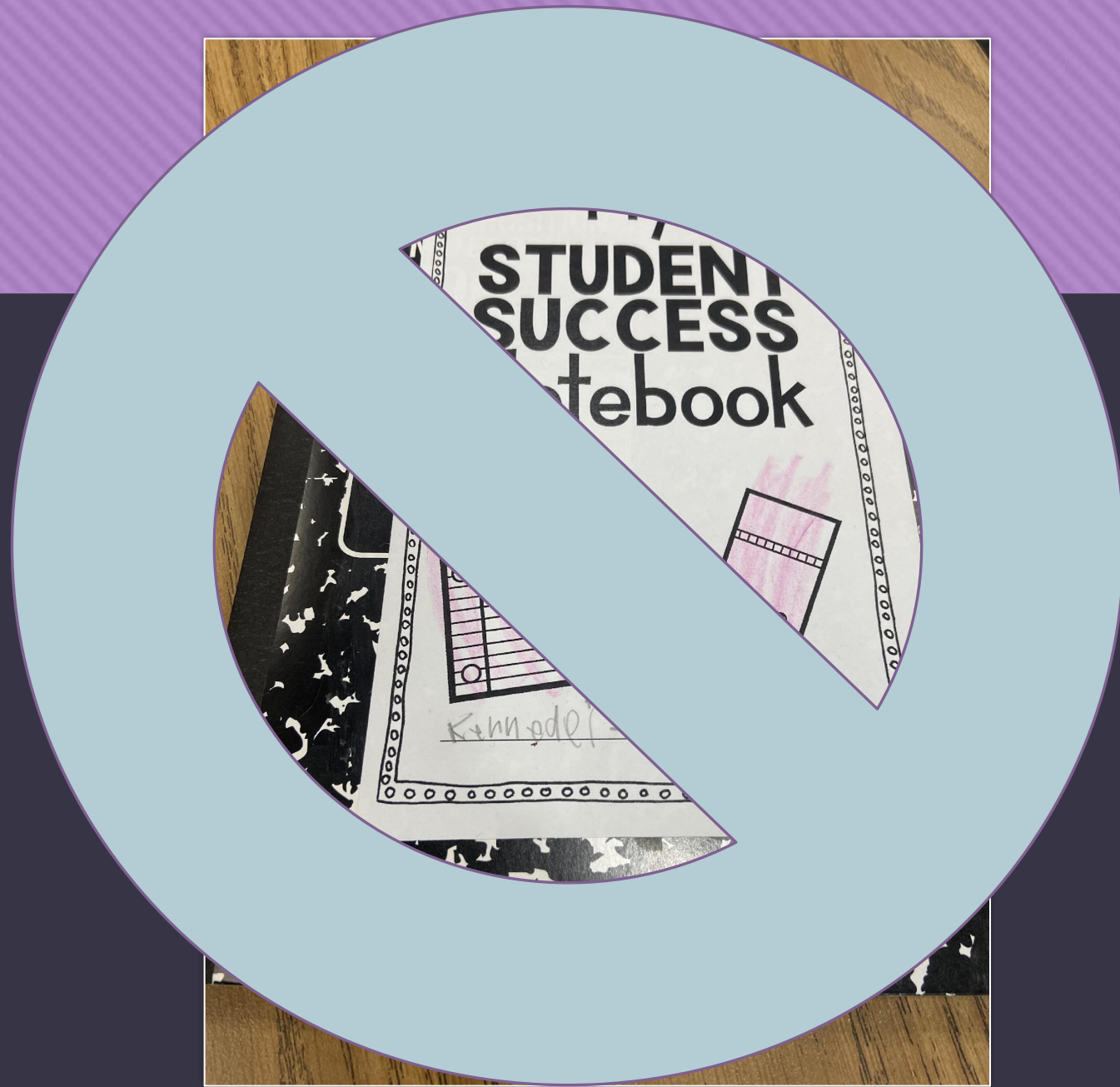
Details

Return policy: [Eligible for Return, Refund or Replacement within 30 days of receipt](#) ▾

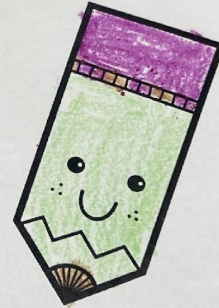
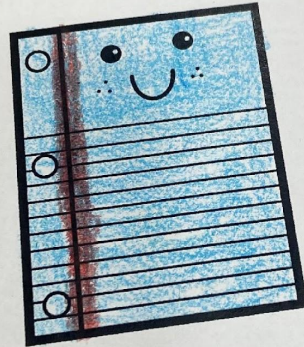
☐ Add a gift receipt for easy returns

Add to List

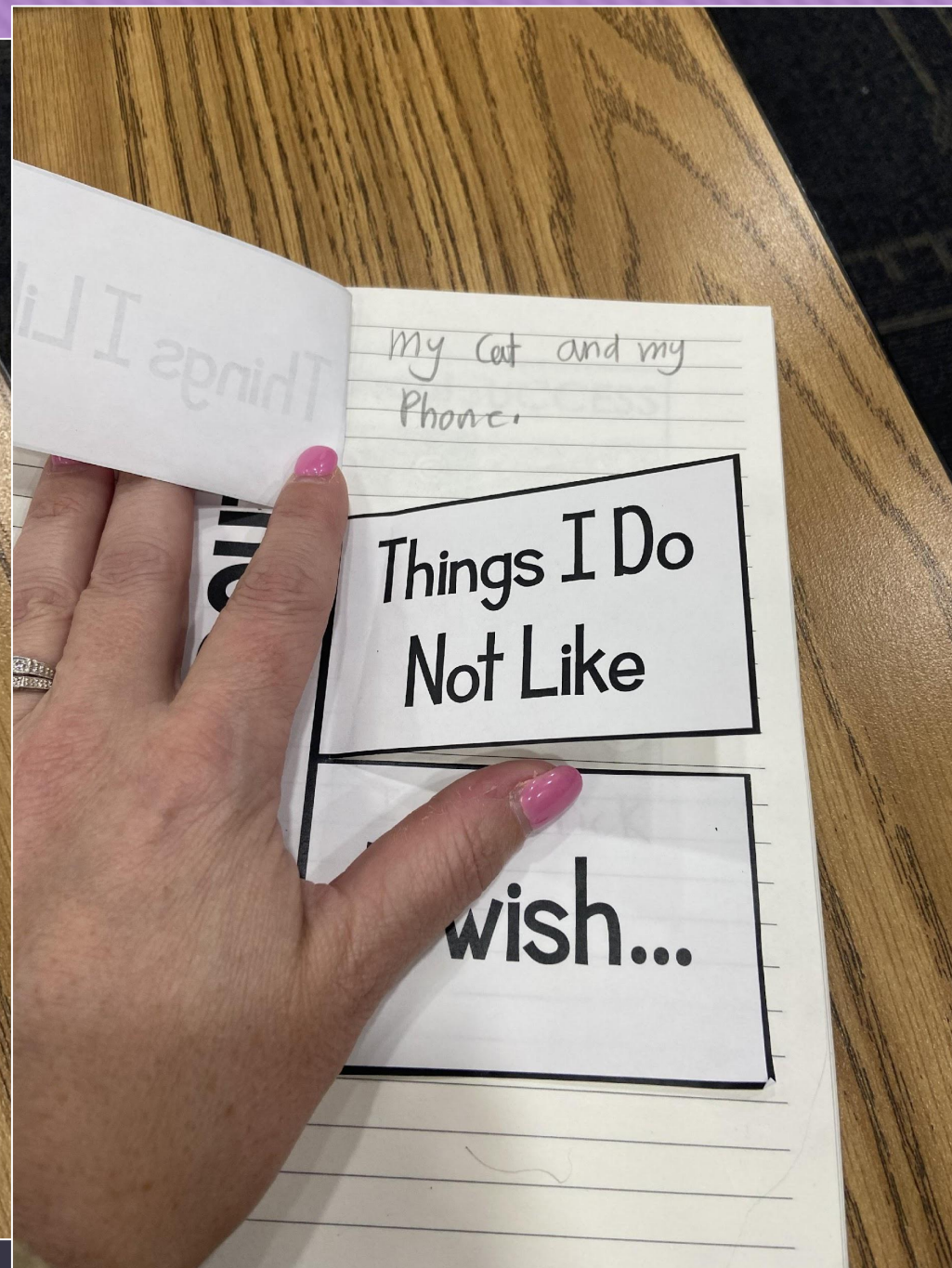
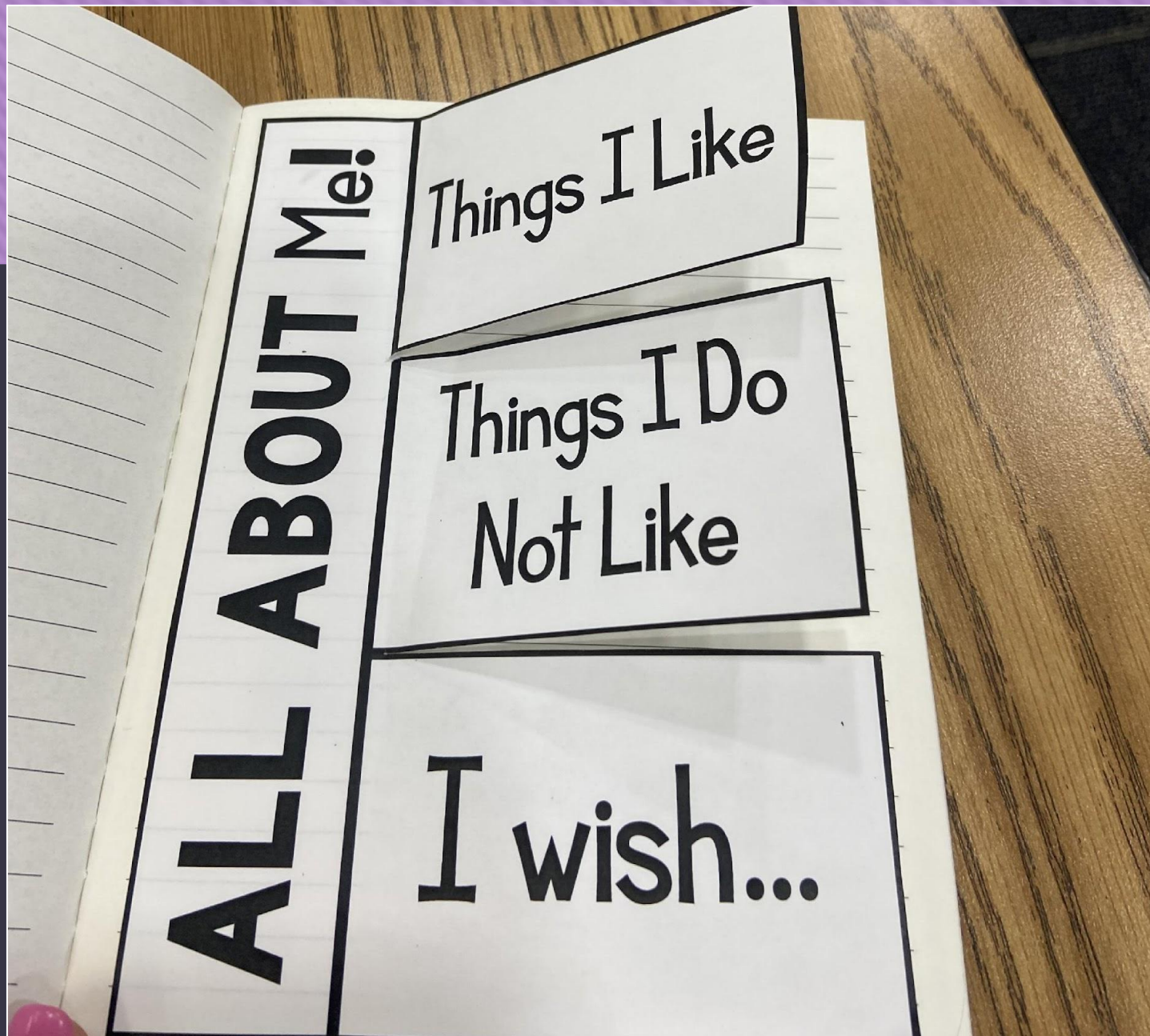




# My NO-WORRIES Notebook



Keel 7#♡♡



### 3 things I like about ME!

- 1) I'm a good hear  
d rater
- 2) I'm a love loving  
person
- 3) I love my DAD and  
mom



# What We Do In Group

- Each group has 6 sessions each

**Parents:** "Well, he never does that at home!"

**Me:**



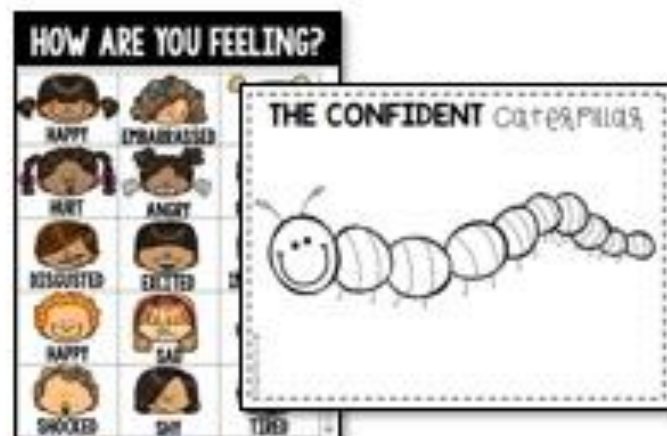
## SESSION ONE:

bee supportive



## SESSION TWO:

bee positive



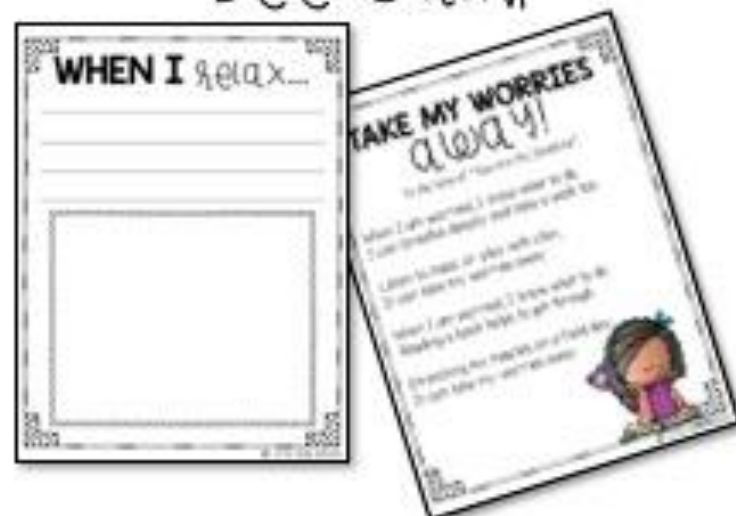
## SESSION THREE:

bee true



## SESSION FOUR:

bee calm



## SESSION FIVE:

bee brave



## SESSION SIX:

bee busy



## SESSION ONE: what I like about me (Finding the Good in Ourselves)



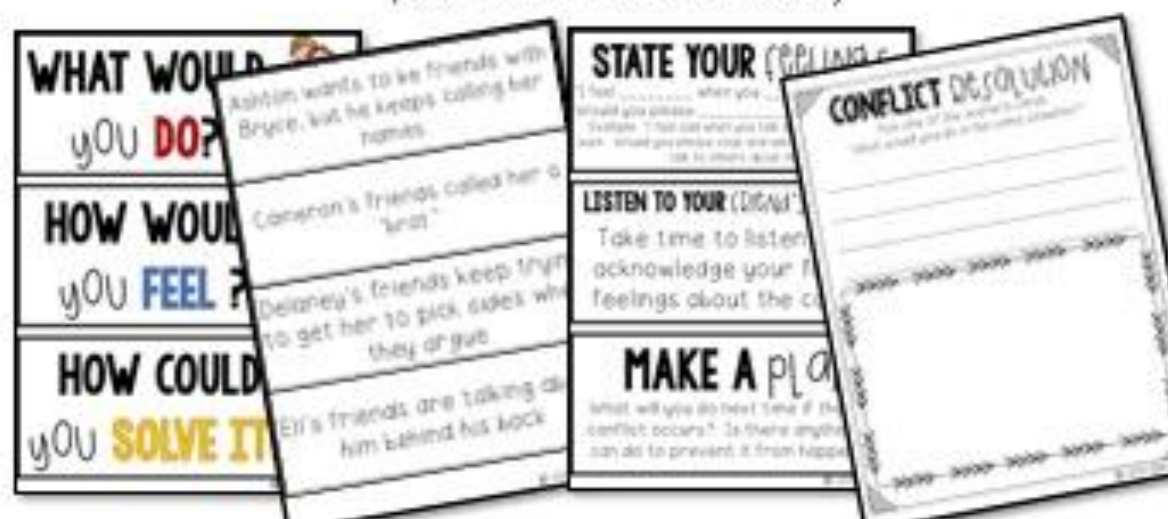
## SESSION TWO: a friend like me (The Qualities of a Good Friend)



## SESSIONS THREE & FOUR: a whole new world (Making and Keeping Friends)



## SESSIONS FIVE & SIX: one jump ahead (Conflict Resolution)



## SESSION ONE:

ABOUT ME & EXPRESSING FEELINGS

**CAMP rules:**

- What happens in group
- Be respectful to other members
- Always do your best and participate

**HOW ARE YOU FEELING?**

I feel \_\_\_\_\_

What \_\_\_\_\_

## SESSION TWO:

LISTENING & RAISING MY HAND

**WHEN I CAN INTERRUPT**

**WHEN I NEED TO WAIT**

You need to use the bathroom, and it's an emergency

You want to know when it's lunch time

You want to tell your teacher about the movie you saw last night

Brody is bleeding and needs more than a Band-Aid

## SESSION THREE:

TEASING & I-MESSAGES

**I CAN USE I-MESSAGES**

**I FEEL...**

**WHEN YOU...**

**WOULD YOU PLEASE... OR LET'S...**

Green can only find one of her shoes that Henry hid from her

Jadeella wants to play one game on the tablet. Jinger wants to play another

Kash laughed at Logan when he had to do a read aloud

## SESSION FOUR:

PERSONAL SPACE, BODY LANGUAGE, & PHYSICAL CONTACT

**WHAT IS PERSONAL SPACE?**

**A TIME TO GIVE A HUG**

## SESSION FIVE:

COMPLIMENTS & TONE OF VOICE

**WHEN TO SHINE A LIGHT**

**WHEN TO KEEP IT TO YOURSELF**

Your teacher got a new haircut and you don't like it

Your classmate shared a story you think is neat

Someone yooted in class and it smells

Your friend scored a goal in PE

## SESSION SIX:

EMPATHY, EYE CONTACT, & FACIAL EXPRESSIONS

**I THINK THIS DEER IS FEELING...**

**OH, DEER!**

How do you think that deer is feeling?

Why do you think he is feeling that way? Have you ever felt like that before? When? Why?

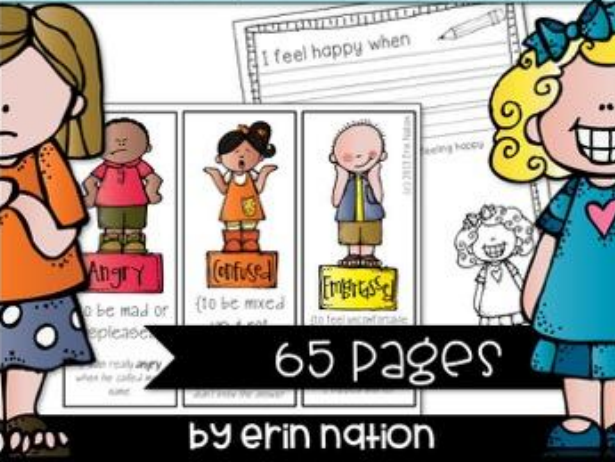
# Feelings Resources

## MORE THAN A feeling BUNDLE

a 390-page Bundle of 2 resource packets to explore and discuss feelings

### I'VE GOT A feeling

Printables, Feeling Cards, and Activities to Help Children Identify and Relate to their Emotions



65 pages

by erin nation

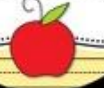
### year-round FEELINGS CHARTS & WRITING PROMPTS



325 PAGES & 158

by erin nation

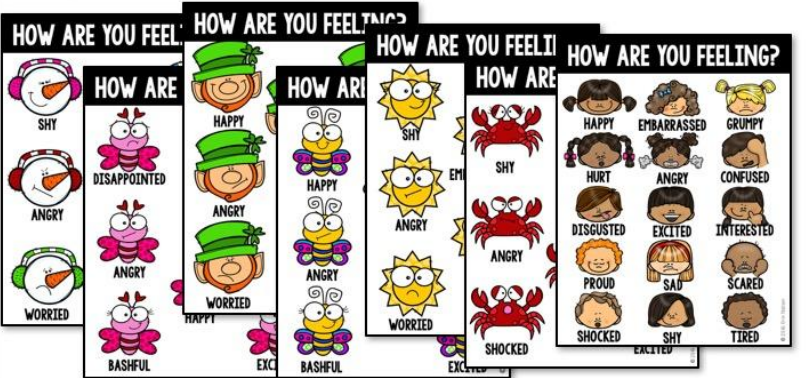
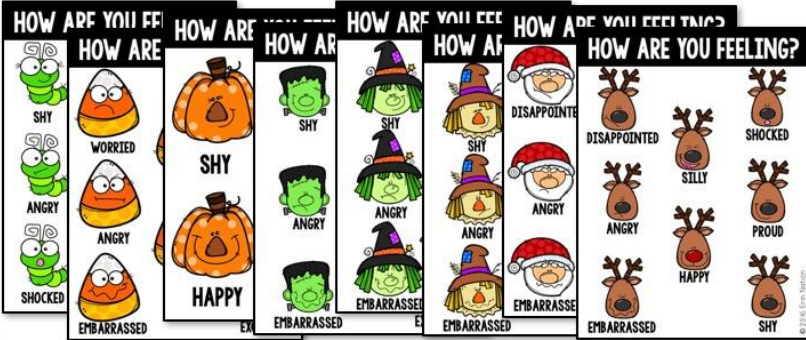
Dr. Nation's education



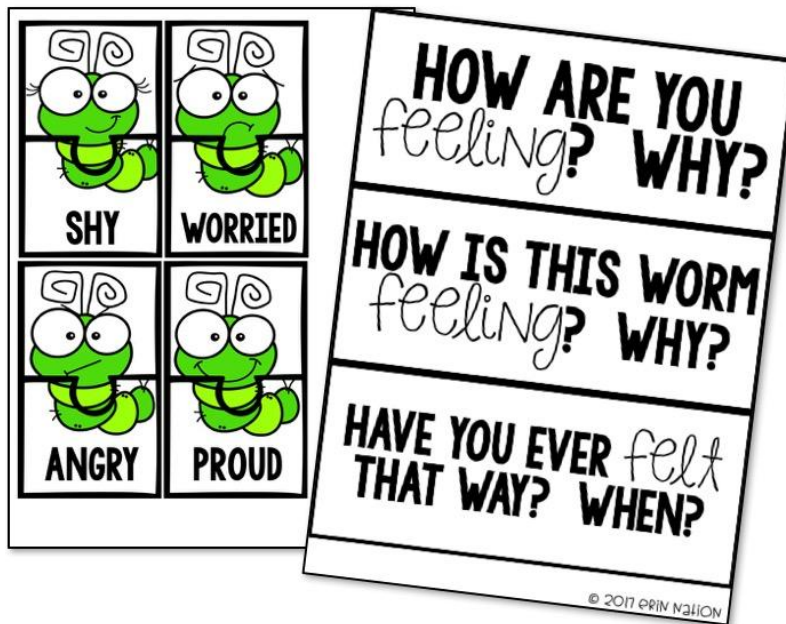
by erin nation

# Year-Round Feelings Charts & Writing Prompts

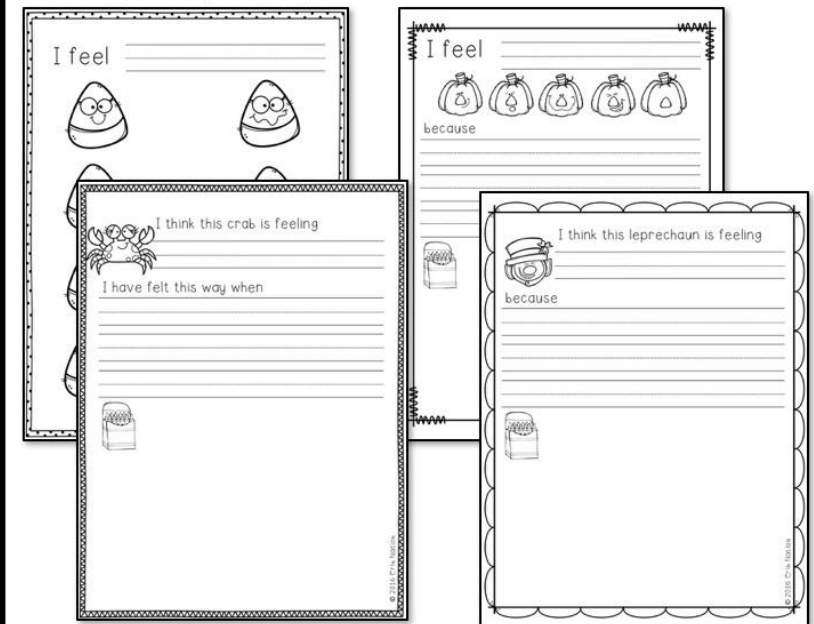
# 15 FEELINGS CHARTS



## 15 SETS OF PUZZLES & DISCUSSION CARDS



# WRITING PROMPTS FOR ALL 15 SETS



FREE!

# back to school FEELINGS CHART & WRITING PROMPTS

HOW ARE YOU FEELING?

I feel \_\_\_\_\_  
because \_\_\_\_\_



HAPPY



WORRIED



SHOCKED



ANGRY



EMBARRASSED



PROUD



freebie

by erin nation

# spring FEELINGS CHARTS & WRITING PROMPTS

HOW ARE YOU FEELING?



I think this butterfly is feeling \_\_\_\_\_

I have felt this way when \_\_\_\_\_

freebie

by erin nation



HAPPY



WORRIED



SHOCKED



ANGRY



PROUD

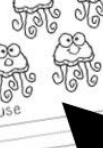


# summer FEELINGS CHARTS & WRITING PROMPTS

HOW ARE YOU FEELING?



HAPPY



WORRIED



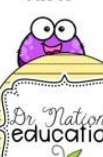
SHOCKED



ANGRY



EMBARRASSED



PROUD



BASHFUL



PROUD

freebie

by erin nation



# When

- When do I schedule
  - Work with teachers
  - Not during Reading
    - Try to avoid Math, Specials, and Recess
- Scheduling difficulties
  - “Something” every week



	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	Morning Duty	Morning Duty	Morning Duty	Morning Duty	Morning Duty
8:30 AM	Backpack Program				Wildcat Wakeup
9:00 AM	2nd grade small group	2nd grade lesson	2nd grade small group	2nd grade lesson	
9:30 AM	2nd grade small group		2nd grade small group		
10:00 AM					
10:30 AM	Lunch Duty	Lunch Duty	Lunch Duty	Lunch Duty	Lunch Duty
11:00 AM					
11:30 AM					
12:00 PM	Lunch	Lunch	Lunch	Lunch	Lunch
12:30 PM	1st grade small group	1st grade small group	1st grade lesson	1st grade lesson	1st grade lesson
1:00 PM	1st grade small group	1st grade small group			
1:30 PM			3rd grade lesson		Backpack program
2:00 PM	3rd & 4th grade small group	3rd grade lesson	4th grade lesson	3rd & 4th grade small group	STUCO
2:30 PM	3rd & 4th grade small group			3rd & 4th grade small group	
3:00 PM	Afternoon Duty	Afternoon Duty	Afternoon Duty	Afternoon Duty	Afternoon Duty
3:30 PM					

**I DON'T ALWAYS HAVE  
TO HANDLE A CRISIS**

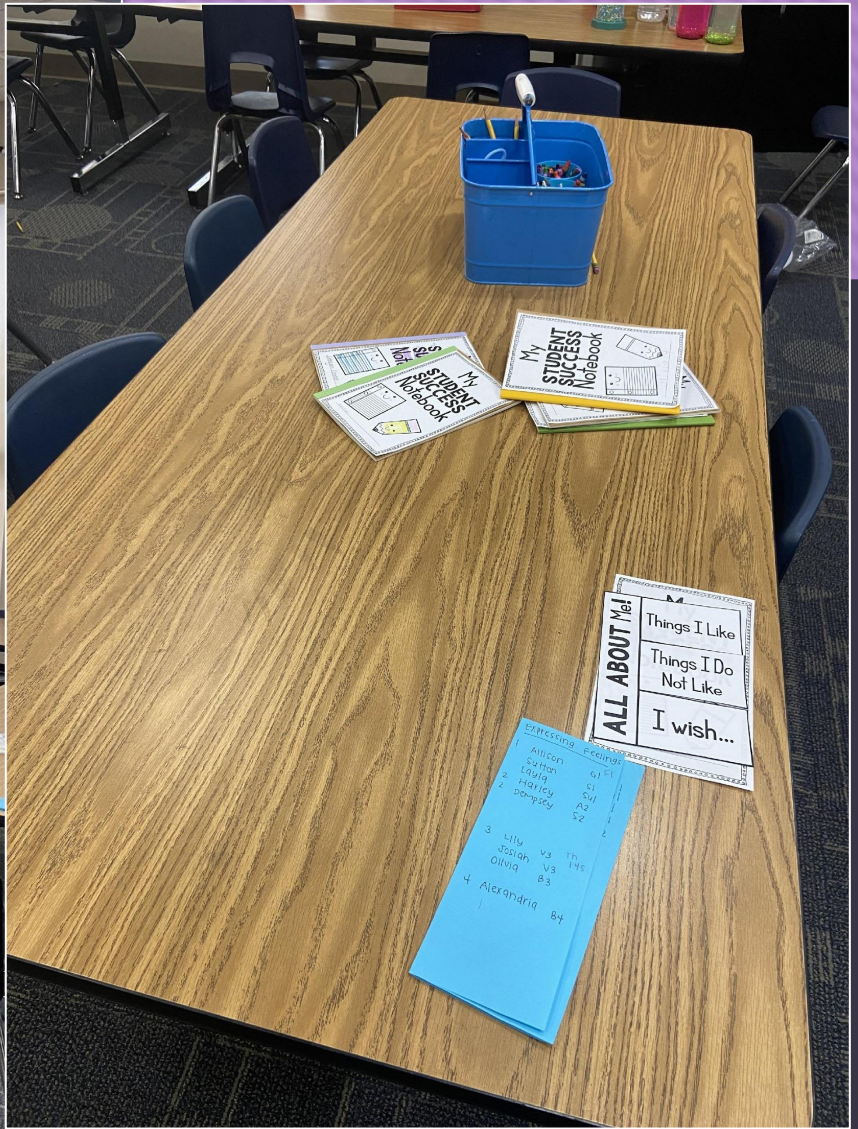


**BUT WHEN I DO, IT'S ON  
A FRIDAY AFTERNOON**

# Where

- Lunch Bunch alternative





# EDITABLE

## *lunch bunch*

### INVITE, ACTIVITY, & DISCUSSION CARDS



by erin nation



# Why

- Why small groups are beneficial
  - Attention
  - Even in short spurts – like Lunch Bunch



# How

- How long last
- Questions?

**When the teacher sends you to take something to another room**



**Find Me!**

@drnationseducation

mrsnationsclass@gmail.com